



Newsletter



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities

Director's Report by Susan H. Gregory

In October of last year, the Heritage Center conducted a satisfaction survey. I wanted to share the results with you and thank everyone for their participation and comments. I wasn't surprised by the results because with the great staff, volunteers, and participants who come to the Center, we have a win-win situation.

Some of the things that came out of the survey were:

Surveys were completed by 227 participants, 74.7% female and 25.3% male with ages ranging from 55-90+ (highest percentage age range 70-79).

Most people (87.7%) drive themselves to the Center and 20% said they would participate in transportation service if it was available.

92.9% of respondents felt like the Heritage Center was very important to the community and 69% felt it was very important to themselves. 76.9% said they think the programs and activities have assisted them in staying active and living independently.

The three most important services offered were 1st socialization, 2nd meals, 3rd exercise and classes.

96.5% felt that the class fees were reasonable. Suggestions for services that are not currently offered included a variety of activities and events such as karaoke, croquet, badminton, volleyball, current issues, new technology classes, exercise equipment for people in wheelchairs, advanced art, hiking and group sports, escorted vacations such as Yellowstone and Branson, vegetarian meals, and intergenerational programs.

The overall satisfaction with the Heritage Center was 81.8%. We will work hard this year to bring the satisfaction rating up over 90%. I found that the wording on a few of the questions might not have been properly understood or I feel the overall satisfaction would have been higher.

When asked what people like best about the Heritage Center, the thing mentioned most was staff followed by friendly, everything, and people.

When asked what people liked least about the Heritage Center there were not things listed more than twice except distance from home (5). Most of the comments listed in this category were only mentioned by one individual and not multiple individuals and included things like: too many things in the morning, close early, need to attract younger seniors, no dinner served, not enough trips, not open evenings, room small, temperature way too hot, unattractive building, favoritism by staff, go back to signing up for lunch, don't always listen and correct things, and unsociable bingo people.

Most of the additional suggestions and comments were all very positive such as: thank you, what a true gem for Murray, and great place! The comments that were not as positive or offered constructive suggestions will be reviewed at our regular staff meetings, and where we can, make changes to try and accommodate everyone. We also got many comments with program ideas that will be addressed by the program staff and, if possible, you might see your new class or idea started in 2014.

Thank you all for your support in completing the survey. We appreciate the feedback and will work to continue to make the Heritage Center the best it can be in 2014! - Susan

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

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Newsletter — Notary — Gift Certificates Credit Cards — Copies

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

You can get a **Copy** made at the front desk for 10¢ per page.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director — Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Charlotte Cox, Kathy Houston, Jo Harris, Shirley Meier, Erich Mille, Robert Millard, Greg Waldron, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter, one scanner, and internet access. The Center also has wireless internet in the building. Check at the front desk for password. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam. Computers are available any

time a group class is not being held. There is no charge to use the computers but printing is 5¢ per page.

Group and private classes are available. Group classes are scheduled based on interest, sign the interest sheet at the front desk. Private



Private Computer Classes are available to address

classes cost \$3 for a one hour class and are available: Monday with Calli, Wednesday with Carolyn, Thursday with Anne, Friday with Glen. Times and expertise varies, see the front desk.

No group classes have been scheduled for January. See the February supplement for upcoming February classes.

Gadget Help & Password Tips

Limited help is available for your smart phone, tablet, kindle, or other electronic "gadget". The front desk will try and pair you with a volunteer to help with questions. Computer volunteers are available and the cost is \$3 per hour. Day and time varies.

The traditional recommendation is that passwords contain at least eight characters has changed. Passwords should now be at least 12 characters, say researchers at the Georgia Tech Research Institute. Eight-character passwords can be cracked in about two hours, but adding just four additional keystrokes to a password could raise that to a theoretical 17,000 years. Even more important is making each character count. And yet one recent survey found that half of 2,500 surveyed computer users never employ symbols such as &, # or @ in their passwords. Many still only use lowercase letters or just add numbers at the end of words. Try bolstering your all lowercase eight-character password with a few well-placed symbols, numbers and a combination of upper and lowercase letters.

OVER 50 YEARS OF APPLYING MAKEUP!

ARE YOU EXPERIENCING...

- ☒ Thinning eyebrows?**
- ☒ Difficulty applying your eyeliner?**
- ☒ Lipstick that smears or bleeds?**

All these can be easily remedied by permanent makeup!
You can wake up beautiful every day!
STOP: The daily task of applying makeup.

For a no obligation consultation call
Wenda Christensen
at 801-599-6243.
Visit my website at
www.lastingluxury.net

Chakra Meditation Class

Starting on **Monday, January 6 at 10:30**, Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master will teach this interesting and enlightened class. This class will be held on Mondays and run from January 6-March 17. **No class on 1/20, 2/17, & 2/24. The cost is \$15 for all 8 classes**, \$3 per class, or punch pass. Sign up now. You can attend a single class, several sessions, or the entire 8 weeks. Barbara presented a basic

introduction about Chakra & Meditation in the fall of 2013. She will now be at the Center each Monday at 10:30 to present in-depth information about how Chakras and Meditation work. She will have handouts each week to help you gain an understanding in the working of your Chakras. She will begin with some education and then use the mediation portion of the class to activate the chakras. You will learn about the different poses used to

activate and keep your Chakra balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of seven basic energy centers in the body; which are the openings for life energy to flow into and out of your aura. Each of these centers correlate to major nerve ganglia branching forth from the spinal column. The belief is that by aligning your Chakra with Meditation you can bring balance, health, and well being to your daily life.

Painting Class



A new six-week session of the painting class starts **Wednesday, January 15 -9:00-12:00** and will **run through February 19**. The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolor. She also will be teaching oils.

Spanish Class

A six-week conversational Spanish class begins **Friday, January 10 at 9:00** and will run through **February 14**. Cost of the class is \$25. New and advanced students are welcome. Edie Andrew is an experienced Spanish teacher who will help you build and improve your skills. She is very capable of working with many different levels of students. Books will be available after the first class.

Valentine Candy Making



On **Monday, February 3 from 11:00- 12:30**, Calli will be teaching a candy making class. Join her in the kitchen to help prepare and package 5 different St. Valentine candies. These candies make excellent gifts or a special treat for your Valentine. The cost is **\$10** and you will take home 5 bags of candy along with recipes and tips. Class size is limited to 10. Sign up now.

Storytelling Class

The Center is hosting a four-session Storytelling class on **Mondays and Fridays**. The class will be held on **February 10, 14, 21, and 24 at 10:30-12:00**. The program is sponsored by the Murray Arts Council and is a free class. Sign up now. Clive Romney, Professional Storyteller, will be leading the four workshops. Clive is a recording producer, composer, songwriter, cowboy poet, and storyteller. Storytelling is the art of using language, vocalization, and/or physical movement and gestures to reveal the elements and

images of a story to a live audience. Come and learn how to tell your story and have an audience hanging on your every word. During these four sessions, you will learn how to create a story, bring details into focus, and present your story while utilizing vocalization, physical movement, and gestures in your storytelling. A few participants from the workshop will have an opportunity to perform at the second annual Murray Storytelling Festival being held at the Murray Library on Saturday,

March 22. This year's Murray Storytelling Festival will include four 45-minute sessions featuring winners from local schools, seniors attending workshops at the Heritage Center, and professional storytellers. In addition, there will be a 20-minute puppet show in between each storytelling session. This free public event will be suitable to all ages; you may attend just one or all of the sessions. Watch for more details on the March storytelling event.

Osteoarthritis Presentation

On **Tuesday, January 14 at 10:30** a representative from Maplewood Medical Center will be at the Center to present a slide show about Osteoarthritis. How do people get Osteoarthritis and what can be done about it? In the past, all patients were encouraged to take an anti-inflammatory, rest, and relax. Over the last 10 years because of research, that philosophy has been changed. Due to clinical findings that show patients who limited their movement were far worse off than those who moved throughout the day with only short breaks to

manage pain. The more the patient was able to maintain as much of their routine as pain would allow, the longer the muscles stayed strong. What is degeneration of the knee, what are your options? In the past patients had few options other than to have cortisone shots and eventually face painful knee replacement surgery and long rehabilitation. Today doctors approach Osteoarthritis of the knee with a more therapeutic approach in helping people AVOID surgeries, working with both Medical Doctors and Physical Therapists.

This will be a quick and informative presentation followed by a Q & A period. Make time to be there and learn more about general wear and tear and the decay of Osteoarthritis. This is a free class, sign up now.

Fire Safety and Emergency Preparedness



On **Tuesday, February 11 at 10:30**, the Murray Fire Department will be at the Center to present a Fire Safe-

ty and Emergency Preparedness class. So many times we forget how to maintain our smoke detectors, or other devices in our homes. The class will review fire safety and emergency preparedness. Some of the discussion will include: fire safety tips for the home, home fire extinguishers, exit drills for the home, utility locations and how to shut them off during an emergency, medical information paramedics may need to know about you, question and answer time. This is a free class, sign up now.

Mindfulness Stress Reduction

The Center is pleased to announce that Kay Simons will be at the Center on **Tuesday, January 28 at 10:30** to **teach** Mindfulness Stress Reduction. Do you have trouble managing stress in your life? Do you have difficulty sleeping? Come to this introductory class and learn about Mindfulness and how it can help improve your quality of life. Living mindfully is about learning to be fully present

in your daily life. It's about paying more attention to living in the moment and living less on "auto pilot". Mindfulness practice includes meditation and other relaxation techniques. It has 25 years of scientific research behind it, indicating that it helps with stress, pain management, depression, insomnia and more. Sign up now, this is a free class.

AARP Smart Driver Course

The AARP Smart Driver Course (formerly Driver Safety Class) will be held **Monday, January 27 or Monday, February 24 from 9:30 - 2:00**. Sign up at the front desk. The cost of this class is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fees at the start of the class. You make your check out to AARP.

Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class. Due to the higher cost and quality of the new AARP Smart Driver Course materials, there has been a moderate course fee increase for participants taking this classroom course.

Center Closed



Wednesday, January 1

Monday, January 20

Monday, February 17

H.E.A.T. Assistance

A H.E.A.T. professional will be at the Center on **Tuesday, January 7 at 10:30** to help fill out applications. Sign up now. You must re-apply for H.E.A.T. each year. Bring all your documentation in order to complete the application. Household verification: Copy of your picture identification, copies of Social Security cards for everyone living in your home (including children), copies of Bureau of Citizenship Immigration Services (BCIS) documents showing legal status in the U.S. Income and Income Deductions Verifications: Copies of the proof (s) of income received in the previous month by all household members (check stubs, Social Secu-

rity, Retirement, Child Support, Alimony, etc.) If anyone in your household is a college student receiving financial aid include a copy of all aid you're receiving. Some examples of financial aid are: loans, grants, scholarships, stipends, assistantships, fellowships, veterans' benefits for schooling, work study, and any other types of school financial aid. Also include copies of any medical expenses that were paid in the previous month, if applicable. Energy Burden Verifications: Copies of your most recent Gas and Electric utility bills. (If for some reason these bills are not in your name, tell us who the person on the bill is

**H.E.A.T. is
assistance with
utility bills**

and why it is in their name.) If you do not pay energy costs directly, bring a copy of your lease or have your landlord fill out a Landlord Statement form for verification that part of your rent goes toward paying utilities. Target Groups Verifications: Additional money can be given if you have a person 60 years old or older living in your home, anyone is disabled, or a child five or under. Driver license or official documentation showing age 60 or older, copy of the birth certificate for a child five years old or younger, if in the home. Include your proof of disability, if applicable. Additional documentation may be required.

Heart Health Screening

On **Wednesday, February 12 at 1:30-3:30**, students from Eagle Gate College will be at the Center to do heart screenings (blood pressure, blood glucose, listening to heart rhythms, and foot assessments). The students will also do a 15 minute education presentation about Heart health. These students will be coming with great information about your Heart health. There will be time for Q & A. This is a free class, sign-up now.



Chuck-A-Rama



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds. Thank you Chuck-A-Rama and those who purchase the cards!

Caregiver Support Group

A Caregiver Support Group is available at the **Intermountain Senior Clinic** on the **second Wednesday** of each month from **4:00-5:00**. Topics will include: community resources, improving self-care, dealing with dementia, developing coping skills, and dealing with denial. The Intermountain Senior Clinic is located at 5770 S. 250 E., Suite #210. Phone – 801-314-4550.

Smith's Community Rewards Program



Starting **January 1**, you can link your Smith's Reward Card to the Heritage Center. Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card with the Heritage Center. Smith's is a long time Heritage Center community supporter.

Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance



Choose anything from a hand to a full body massage

for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask

Thelma. She may be able to accommodate you.

Barber Shop is Open

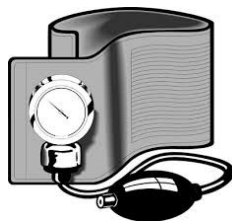
The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair. Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Wednesday, January 15** or **February 12** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure

Blood pressure and glucose screening is offered on the first **Thursday** of every month. The service is free and runs from **11:00-12:00** in the lobby. Thank you to Harmony Home Health for providing this service each month.



Newsletters

Newsletters are available at the front desk (75¢ donation), online at www.murray.utah.gov, emailed to those who have a participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.



Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, February 20, from 9:30 – 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now.

Dr. Shelton is unable to provide services for people who are diabetic or on blood thinners.

AARP Free Tax Assistance — starts February 5

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** starting **February 5** through **April 9** from **12:30 to 4:00**. Appointments are required but cannot be made any earlier than 2 weeks in advance of the day you would like to attend.





January

2014

Heritage

Center

Events

Heritage

Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to

serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM



Monday		Tuesday	
9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	6	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / H.E.A.T. Assistance 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 Beginning Line Dancing	7
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	13	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Osteoarthritis Class 11:00 Canasta 11:30-12:30 Lunch / 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	14
Center Closed Martin Luther King Holiday	20	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta / 11:30 Get Acquainted 11:30-12:30 Lunch / 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	21
9:00 NIA / 9:30 Hardware Ranch 9:30 AARP Smart Driver Course 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	27	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Stress Reduction / Tai Chi 11:00 Canasta 11:30-12:30 Lunch / 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	28

Wednesday		Thursday		Friday	
Center Closed Happy New Year	1	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch / 12:30 Game Day 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	2	9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	3
	8	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dance / Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC	9	9:00 Zumba / Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	10
9:00 Painting 9:15 Pinochle 10:00 Yoga / Computer Help 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	15	8:30 Ceramics 9:00 Stretch & Tone 10:00 BYU Art Exhibit Trip 10:30 Tai Chi 11:30-12:30 Lunch / 12:30 Game Day 12:30 Exercise Help 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	16	9:00 Zumba / Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	17
9:00 Painting 9:15 Pinochle 10:00 Yoga / Computer Help 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	22	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	23	9:00 Zumba / Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	24
9:00 Painting 9:15 Pinochle 10:00 Yoga / Computer Help 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	29	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	30	9:00 Zumba / Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	31

Billiard Room



Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Other Games

Dominos—Mexican train and other domino games are played on **Thursdays** at **12:30**. Someone will teach you if you've never played. See the articles on page 12 for a schedule of new games.

Birthday Wednesday — January 8 & February 5



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game. Stop in for a meal and say thanks!



Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group.

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on **Thursday** afternoons from **1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings are January 2 & 16 and February 6 & 20. Kathleen Sorenson is the Chapter Queen Bee.

Wii Available

We have a large screen television set up with a Wii Sports Package which offers games like bowling, tennis, or golf. Wii is a great way of staying in shape while playing a fun game on the TV. Please check at the front desk if you are interested in using our Wii.

Get Acquainted Lunch

WELCOME The Center would like to give newcomers an opportunity to meet the staff, tour the facility, ask questions, enjoy lunch, and just get acquainted.

On **Tuesday, January 21 at 11:30, or Tuesday, February 25 at 11:30**, a staff person will join newcomers for lunch (bring your free lunch ticket from the newcomers booklet). The staff will join the newcomers for lunch, introduce them to others, and tell them about Center programs, services, and answer any questions that the newcomers might have. Put these dates down on your calendar and let's get acquainted!

Who is a newcomer? People who have only been to the Center a few times and or anyone with questions about the Center. Let's have lunch.

Winter Boutique—Thank You

The 2013 Winter Boutique was a great success! The Center made \$1296. The Center would like to thank all of our vendors, the kitchen for creating such a beautiful buffet, our entertainment — Utah Cameo Club, Murray High School Madrigals and Bel Canto — and all of our volunteers. Thank you volunteers: Betty Rodgers, Militia Earl, Susan Rounds, Vickie Mower, Elizabeth

Squires & ResCare Home Care, Suzanne Smikaht, Judy Baxendale, Linda Hellewell, Rod Young, Simone Black, Richard Espinoza, Adam Schweitzer, Larry Limberg, and Arlene & Don Carlton. We also want to thank all of the people who donated items to the Winter Boutique table. It takes so many volunteers to produce such a successful day. The Center thanks everyone for

donating your time, goods, and great spirits. If you would like to become a volunteer in 2014 please stop at the front desk and ask for information. It's a great way to get to know more people, be more involved in the Center, and a perfect way to spend your time with us.

THANK YOU

Service Projects—Thank You

The Center would like to take this opportunity to say thank you to all the people who made hats and donated yarn for this year's Hats for the Homeless project. Over 1,000 hats were made this year. This is a great service project that the Center has been

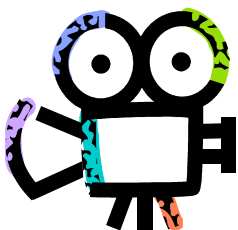


Over 1,000 hats were made and donated to various organizations in 2013

involved in for several years. Thank you! Yarn is always needed so bring your extra yarn to the front desk. Bob Millard made regular visits to the Road Home overflow shelter in Midvale with your donations of winter coats, blankets, and clothing. Hats were

also given to the South Valley Boys & Girls Club. Hygiene kits and hats were also sent to Mexico with Utah State University students after Christmas. Great job! Thanks for all of your support with the many service projects offered at the Center during 2013.

Monday Movies — Showtime is 1:00 — movie and popcorn are free



January 6 – The Lone Ranger – 2013 – 149 minutes

January 13 – Despicable Me 2 – 2013 – 98 minutes

January 27 – Percy Jackson: Sea of

Monsters – 2013 – 106 minutes

February 3 – Paranoia – 2013 – 90 minutes

February 10 – Red 2 – 2013 – 116 minutes

February 24 – Turbo – 2013 – 96 minutes



Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A new group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday from 12:30-2:00**. New students will start again on **Tuesday, January 14, 2014**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. The Center would like to say thank you to Rene Castro and James Wilks for all their

assistance from September – December and the great help they provided. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. If you have not yet tried this class, January is a great time to get started. If you are just beginning this is a great place to get started. The students

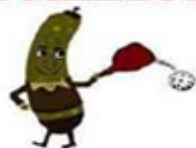
also offer one-one-help, sign up for that service in the exercise room.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. This is a great way to stay active and in shape.

PICKLEBALL



Part tennis and part badminton

Drop in play is every **Tuesday and Thursday, from 8:00 - 11:00 at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided.

Use your Silver Sneakers membership to try out the program for the first time.

Ladies Pool



On **Mondays, at 12:30** a small group of women meet in the poolroom to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

Black History Month—Special Presentation & Lunch

The Heritage Center is proud to host a presentation on African-American Culture and Events to celebrate **Black History Month** in February. On Valentine's Day, Charlotte Starks, President of NSOUL, professional teacher, trainer and manager, and Heritage Center participant, along with Joan Nabors, a retired senior storyteller, will share their positive experiences on being African-American in America and talk about *Juneteenth* and *Kwanzaa*, two important events celebrated by African-Americans. Sign up at the front desk for this free class at 10:00. After their presentation, at 11:30, we will be favored with cultural entertainment by a community member and at noon, enjoy a soul food buffet of fried chicken, meatloaf, collard greens, butter green beans, mashed potatoes, red beans and rice, cornbread, peach cobbler or sweet potato pie. Cost of the entertainment and meal is \$6 and advance payment is needed. A reminder that sign-ups for the trip to Kingsbury Hall for the March 5 presentation of the Dance Theatre of Harlem begins on February 14. Bring your valentine and celebrate Black History Month with us on **Friday, February 14**.



Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Mexican Train will still be played for those interested but volunteers will also bring their favorite games and teach you how to play. Research has shown that playing games help to stimulate the brain. We will have the following games available to play:

January 2nd—Mexican Train (Dominos)

January 9th — Regular Dominos

January 16th — Rummikub

January 23rd — Dominos 15

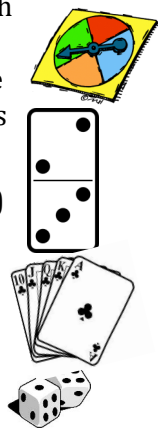
January 30th — Progressive Rummy

February 6th — Yahtzee

February 13th — Rummikub

February 20th — Skip-Bo

February 27th — Golf/Kings Corner (Card Game)



Fire/Police Luncheon

The Murray City Fire and Police Department employees will be invited to enjoy a free lunch at the Heritage Center on **February 11, 13 or 14**. The appreciation lunch was started back in



2002 and has become a Heritage Center tradition. Donations are currently being taken at the front desk to pay for the guests' meals. The suggested donation is \$5 per meal. Join us as we Thank the Fire and Police department employees.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome.

Volunteer of Month — Betty Rodgers

The Center would like to take a moment to say thank you and congratulations to Betty Rodgers, the volunteer of the month.

Betty has only been coming to the Center since August 2012, but she has already made an impact! She moved here from California about 10 years ago. With the help of her son prompting her to visit the Center she found her way to us. She decided that she would give the Center a chance ... we have benefited from her decision.

Betty has had a full life. She was born in East L.A. and moved to the San Fernando Valley in the third grade. She is the only child of Melba and Ray Rice. She had a great time growing-up in the "The Valley" as they called it back in those days.

She participated in the Teenage Club in her area. One Friday night, the club's regular clubhouse was not available. Betty's dad told her that they could host the party at their home and that her Mom would cook chicken if the kids would bring the chicken. The event was well received with dancing, partying and some teenage kissing. The next morning, Betty's Mom told her that "Dad wants to see you!" Betty thought she was in trouble because she kissed a boy. Her dad

showed her that morning's local paper with an article about missing chickens from the local High School 4H Club. That was the last Teenage Club party held at their house.

Betty's girlfriends were going on to college and all Betty wanted was some Samsonite luggage and a train ticket to Utah — her mom had lived in Utah as a kid. Betty had traveled to Utah several times and enjoyed hunting and the beauty of Utah. Her adventures had begun. Betty married, had 6 children and lots of fun!

At 47, she married Russ Rodgers and a new life started. She had a sewing machine, vacuum, and he had a job with Utah Power and Light. In 2003, they retired and took their Fifth Wheeler from California to Alaska and enjoyed the vista of the Yukon Highway. They traveled through Alaska for 5 months. This was truly a dream vacation.

Betty still has a sewing machine and has used it several times to help the Center out with various projects. During the summer months Betty talked about creating centerpieces for the Winter Boutique. She created the most beautiful Santa Claus bags and stuffed them with Pierre. The morning of the Winter Boutique, Betty came early that and put fresh pine boughs and pinecones on



the tables. One person at each table won the centerpiece. The winners left the Center that day feeling as if they had won the lottery.

Betty comes to us always sharing her talents and she has many. She donated a fun Snowman quilt that was raffled earlier this year, she helped cut and serge the towels that we sent to a senior center in Mexico. She takes part in the Center's activities including Mexican train, Canasta, crafts, storytelling and lunch. She brings a great sense of humor and a sense of fun! She's a breath of fresh air. She tells us that the Center saved her life. She will be honored on **Tuesday, February 11th at 12:00**. Thank you, Betty!

Volunteers Needed

Feel like something is missing in your life? Want to help others? Want to share your talents? Looking for a new experience that is fun and rewarding? We have the answer for you ... volunteer at the Heritage Center. It is our volunteers that help make the Heritage Center a friendly and welcoming environment. We can use help in the kitchen, front desk, special events, Thursday evening dance, classes, and computers. Speak with one of the staff about your interest and we'll get you started.

Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance

Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door. Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In November and December, our sponsors were : Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, Texas Road House Taylorsville, Canyon Creeek Assisted Living, Marilyn Jordan, Abeeda Hajwanie & Gerie Brigham.



Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **Thursday, January 9th and February 13th at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote control Flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

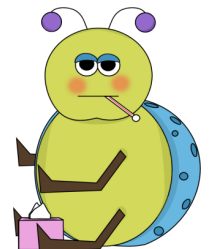
Jam Session

The Center sponsors a music "jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, January 9th or February 13th** and be ready to Jam!

Tips for Staying Health During the Winter Season

Are you ready for cold and flu season? If you want to avoid being sick and feeling like you have to go to the doctor to get antibiotics and other drugs, now is the time to be thinking about prevention! Here are some great tips to strengthen your body's immune system during the winter season:

1. Drink the optimal amount of water (6-8 cups daily)
2. Keep stress to a minimum
3. Eat a healthy diet (fruits/veggies minimal meat)
4. Do your homework to find the best supplements for your health
5. Exercise Regularly (even if only 15 min per day)
6. Get the right amount of sleep every night
7. Wash your hands regularly
8. Don't smoke
9. Eliminate all forms of sugar
10. Despite your best efforts, you still can feel like you're "coming down with something." Some things you can do to help your body recover more quickly: Eliminate all dairy products, eliminate alcohol, eliminate grains, boost your vitamin C intake, boost your intake of Zinc, increase water consumption, eat less food as this will give your body a much needed rest from digestion and give it a chance to concentrate on fighting off potential invaders, get more rest than normal.



Center Trips



...Travel with friends

Thursday, Jan 16—10:00 BYU Art Exhibit

The **BYU Museum of Art** is displaying nearly two dozen religious paintings by Carl Bloch, Heinrich Hofmann and Frans Schwartz. Most of these works have never been viewed in the United States. The works are considered **Sacred Gifts** not only for the subject matter but the God-given talents of the artists. The Center bus will travel to the BYU Museum of Art to see Sacred Gifts on **Thursday, January 16 at 10:00** and will return about 2:30. **Cost** of the trip is **\$5** and lunch is on your own in the Museum Café. You may sign up for this trip now.

Monday, Jan 27—9:30 Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the Hardware Ranch. The Center bus will depart at **9:30** on **Monday, January 27** and return about **4:00**. **Cost** for the day is **\$15** which includes transportation, sleigh ride, and lunch. Sign up starting January 8. Seats are limited to 20 passengers for this popular activity.

The Heritage bus is only a 20 passenger—each person may register for him/herself and no more than one other person for each trip. Give Wayne Oberg your trip ideas.

Thursday, Feb 6—12:00 Clark Planetarium



Jerusalem immerses audiences into one of the world's most beloved cities. Discover why this tiny piece of land is sacred to three major religions through the stories of Jewish, Christian and Muslim families who call Jerusalem home. Filmed in 3D and showing in the IMAX Theater. The bus will depart the Center at **12:00** on **Thursday, February 6** and will travel to the Clark Planetarium for a 1:00 showing. **Cost** of the trip is \$10 and sign-ups begin January 15.

Thursday, Feb 13—8:30 Wendover

Travel to Wendover on **Thursday, February 13**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost** is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip now.

Thursday, Feb 27—9:00 The Leonardo

This once-in-a-lifetime exhibit, ***The Dead Sea Scrolls; Life and Faith in Ancient Times***, gathers one of the most comprehensive collections of ancient artifacts from Israel ever organized. Called one of the most significant archaeological finds of the last century, the Dead Sea Scrolls exhibit features the oldest known copies of the Hebrew Bible and four never-before-seen scrolls as well as more than 600 other items from ancient Middle East life. The bus departs the Center for the Leonardo on **Thursday, February 27 at 10:30**. **Cost** is \$20 and sign-ups begin February 12. Lunch will be on your own at the Leonardo Café.

Wednesday, Mar 5—9:00 Kingsbury Hall

The **Dance Theatre of Harlem** is renowned for its distinct blend of classical ballet and African American cultural influences. The repertoire reflects the energy, direction and vitality of American dance from Petipa to Balanchine and Byrd. The bus departs the Center for Kingsbury Hall on **Wednesday, March 5 at 9:00** for the 10:00 performance. **Cost** is **\$5** and sign-ups begin February 14.



January 2014



Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat. Prices range from \$2.00-\$4.00

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED 	2 LEMON CHICKEN PARMESAN Roasted Potatoes Caesar Salad Vanilla Ginger Snaps or Fruit	3 GENERAL TSO'S MEATBALLS Rice Veggies Tropical Pavlova or Fruit
6 NO LUNCH	7 GARLIC CHICKEN SOUP ½ Sandwich Frog Eye Salad or Fruit	8 CHICKEN AND BISCUITS Garden Salad Birthday Cake and Ice Cream or Fruit	9 BBQ ONION PORK CHOPS Hashbrown Casserole Veggies Kit Kat Krispies or Fruit	10 SHRIMP SCAMPI WITH PASTA Roasted Veggies Praline Cake or Fruit
13 NO LUNCH	14 BAGEL DOGS Chips Slaw Cookies and Cream Cake or Fruit	15 WHITE CHICKEN CHILI Quesadilla Cilantro Salad Macadamia Brown- ies or Fruit	16 POT ROAST Mashed Potatoes and Gravy, Peas Chocolate Coconut Cookies or Fruit	17 BLEU BACON BURGERS Oven Fries Salad Berry Napoleon or Fruit
20 CENTER CLOSED 	21 GREEK CHICKEN Lemon Rice Veggies Lemon Blueberry Cake or Fruit	22 SWEET FIRE CHICKEN Lo Mein Pear Upside Down Cake or Fruit	23 TUSCAN SOUP Breadsticks Green Salad Pina Colada Cookies or Fruit	24 STUFFED BELL PEPPERS Spinach Casserole Pie or Fruit
27 NO LUNCH	28 STEAK FAJITAS Green Salad Churros or Fruit	29 PARMESAN CRUST- ED SALMON Baked Potatoes Broccoli Hazelnut Cake or Fruit	30 CHICKEN TERIYAKI Rice Pilaf Veggies Chocolate Pistachio Cake or Fruit	31 CAESAR PORK CHOPS Parmesan Potatoes Veggies Carmelitas or Fruit

February 2014

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat. Prices range from \$2.00-\$4.00

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO LUNCH	4 ITALIAN CHICKEN Parmesan Rice Roasted Broccoli Blueberry Cookies or Fruit	5 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Veggies Birthday Cake and Ice Cream or Fruit	6 FISH AND CHIPS Coleslaw Grasshopper Brownies or Fruit	7 COCONUT CURRY SOUP Tangled Noodle Salad Banana Oreo Cupcakes or Fruit
10 NO LUNCH	11 CARNITAS TACOS OR SALAD Cilantro Rice Beans Tres Leches Cake or Fruit Welcome Fire/Police	12 SWEET ONION AND BREAD SOUP ½ Sandwich Brown Butter Cookies or Fruit	13 PARMESAN CRUSTED CHICKEN Orzo Bake Veggies Frappuccino Cupcakes or Fruit Welcome Fire/Police	14 * BLACK HISTORY MONTH LUNCH Fried Chicken, Meatloaf, Collard Greens, Butter Green Beans, Mashed Potatoes, Red Beans and Rice, Cornbread, Peach Cobbler or Sweet Potato Pie, Sweet Tea, Lemonade — Cost is \$6 Welcome Fire/Police
17 CENTER CLOSED 	18 SWEDISH MEATBALLS Rice Veggies Bacon Pecan Cookies or Fruit	19 LEMON HERB TILAPIA Baked Potato Brussels Banana Pudding Cake or Fruit	20 SALISBURY STEAK Mashed Potatoes and Gravy Carrots Sticky Toffee Pudding or Fruit	21 FIESTA LIME CHICKEN Rice Salad Lemon Raspberry Cupcakes or Fruit
24 NO LUNCH	25 PASTA BOLOGNESE Caesar Salad Croissant Bread Pudding or Fruit	26 CHICKEN PARMESAN SOUP Breadstick Salad Frosted Brownies or Fruit	27 THAI CHICKEN ENCHILADAS Coconut Rice Cherry Almond Cupcake or Fruit	28 ROASTED PORK LOIN Ranch Tots Veggies Three Chip Cookies or Fruit